

National 4 Physical Education – Games and Aesthetic Pathways

The main purpose of the Course is to develop and demonstrate movement and performance skills in physical activities. The Course also encourages learners to develop a positive attitude towards a healthy lifestyle, and the contribution that physical activity makes to this.

The main aims of the Course are to enable the learner to:

- ◆ develop the ability to safely perform a range of movement and performance skills in straightforward contexts
- ◆ develop and demonstrate knowledge of factors impacting on performance
- ◆ build capacity to perform effectively
- ◆ develop approaches to enhance personal performance
- ◆ monitor, record and reflect on performance development

Within the **Games pathway**, candidates will undertake their learning through activities such as Football, Volleyball, Basketball and Badminton.

Within the **Aesthetics pathway**, candidates will undertake their learning through activities such as Dance, Gymnastics, Trampolining and Netball.